

Letter of Motivation

Dear Colleagues,

It is with great enthusiasm that I submit my candidacy for the position of The Nominating Committee within the European Society of Cardiology (ESC). As a practising cardiologist, clinical researcher and department director, my professional life has been shaped by the ESC – through its guidelines, congresses, journals and networks. I now feel it is the right time and responsibility to contribute back at a strategic level.

Over the past two decades, my work has focused on heart failure across the spectrum of advanced echocardiography and cardiometabolic risk, with a strong emphasis on implementation of evidence-based therapies into real-world clinical practice. I currently serve as Director of the 6th Cardiology Department at HYGIA Hospital and Ass Professor of Cardiology at the European University Cyprus, while chairing the Hellenic Institute of Cardiology and Metabolism and acting as principal investigator in numerous international clinical trials. My research and clinical activities are closely aligned with ESC priorities. I have co-authored several publications on heart failure pathophysiology, inflammation, gut microbiota, energy deficiency and cardio-oncology, as well as consensus documents on the organisation of heart failure clinics and national networks. These experiences have given me a broad view of how ESC guidelines and position papers can be translated into tangible structures of care, particularly in countries with heterogeneous healthcare systems and resource constraints.

If elected, I see my potential contribution to the ESC in three main domains:

1. Implementation and Networks:

I would work to strengthen the bridge between ESC publications and daily clinical reality, drawing on my experience in building and coordinating heart failure and cardio-oncology services and national clinic networks.

2. Cardiometabolic and Heart Failure Integration:

My involvement in large clinical trials on GLP-1 receptor agonists, SGLT2i, MRA antagonists and anti-inflammatory therapies has highlighted the need for an integrated cardiometabolic approach. I would like to contribute to ESC initiatives that connect heart failure, obesity, diabetes, chronic kidney disease and systemic inflammation into a coherent strategy, spanning prevention, acute care and long-term management.

3. Education, Mentorship and Younger Cardiologists:

Having taught and supervised young cardiologists and trainees for many years, I am committed to the development of the next generation. I would advocate for educational formats that are more interactive, digitally accessible and clinically oriented, as well as for structured mentorship opportunities across Europe

In line with the ESC Board profiling, I bring experience in leadership and team management, a strong background in clinical research, an understanding of health system organisation and a collaborative mindset. Working in Greece and Cyprus, I also represent a region that faces significant economic and organisational challenges, but which is deeply committed to European cardiology. Above all, I am driven by a simple conviction: that the ESC can continue to be not only a scientific authority, but a practical ally to clinicians and patients. It would be an honour to contribute to this mission at Board level.

Thank you very much for considering my application.

Yours sincerely

Elias Tsougos, MD, PhD